

SOS:

On average,
130
people
die by suicide
every day¹.

1 in 5
teens and young adults
live with a
**mental health
condition**³

49.5%
youth, aged 13–18
live with a
**mental
disorder**
Of these, **22%** experience a
severe impairment²

Signs of Suicide Training

Signs of Suicide Training is an evidence-based prevention tool that raises awareness of suicide and gives students ways to access support.

Who Should Know Signs of Suicide:

- Schools
- Colleges
- Communities
- Organizations
- Everyone

What Signs of Suicide Training Covers:

- Evidence based prevention program that teaches students how to identify signs of depression and suicide in themselves and their peers, and how to take appropriate action.
- It provides materials that support school professionals, parents, and communities in recognizing at-risk students.
- SOS can be delivered to students in a single class period, with no training or certification required.
- **Course options include:**
 - Train-the-Trainer
 - School staff/organization training
 - School programs
 - College specific programs

Ways to Learn:

- Instructor training is achieved through a 2-4 hour live web workshop.
- SOS for school staff is a one-hour, self-guided online training.

Fees:
~~\$199~~
for Instructor training
\$300–\$500
for school program licensing.

All trainings are provided
FREE of Charge
with funding through the
Wellness Coalition



**Wellness Coalition
of Rural Linn County**

Healthy Communities. Healthy Futures.

www.wellnesscoalitionlinn.org

Interested in being a trainer?
Contact krice@mvcasd.org

1. Source: American Foundation for Suicide Prevention
2. Source: National Institute of Mental Health
3. Source: National Alliance for Mental Illness)